



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 01208, Cheese, provolone, reduced fat

Report Date: July 11, 2017 14:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 oz 28.35g	1 cup, shredded 113g	1 cubic inch 14.3g	1 slice (1 oz) 28g	1 package (6 oz) 170g
<b>Proximates</b>										
Water	g	50.60	--	--	66.79	14.35	57.18	7.24	14.17	86.02
Energy	kcal	274	--	--	362	78	310	39	77	466
Energy	kJ	1146	--	--	1513	325	1295	164	321	1948
Protein	g	24.70	--	--	32.60	7.00	27.91	3.53	6.92	41.99
Total lipid (fat)	g	17.60	--	--	23.23	4.99	19.89	2.52	4.93	29.92
Ash	g	3.60	--	--	4.75	1.02	4.07	0.51	1.01	6.12
Carbohydrate, by difference	g	3.50	--	--	4.62	0.99	3.96	0.50	0.98	5.95
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.55	--	--	0.73	0.16	0.62	0.08	0.15	0.94
<b>Minerals</b>										
Calcium, Ca	mg	756	18	17.043	998	214	854	108	212	1285
Iron, Fe	mg	0.52	5	0.065	0.69	0.15	0.59	0.07	0.15	0.88
Magnesium, Mg	mg	28	13	0.776	37	8	32	4	8	48
Phosphorus, P	mg	496	13	16.404	655	141	560	71	139	843
Potassium, K	mg	138	11	12.835	182	39	156	20	39	235
Sodium, Na	mg	615	--	--	812	174	695	88	172	1046
Zinc, Zn	mg	3.23	5	0.170	4.26	0.92	3.65	0.46	0.90	5.49
Copper, Cu	mg	0.026	--	--	0.034	0.007	0.029	0.004	0.007	0.044
Manganese, Mn	mg	0.010	--	--	0.013	0.003	0.011	0.001	0.003	0.017
Selenium, Se	µg	14.5	--	--	19.1	4.1	16.4	2.1	4.1	24.6
<b>Vitamins</b>										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.019	9	0.004	0.025	0.005	0.021	0.003	0.005	0.032
Riboflavin	mg	0.321	13	0.015	0.424	0.091	0.363	0.046	0.090	0.546
Niacin	mg	0.156	18	0.023	0.206	0.044	0.176	0.022	0.044	0.265
Pantothenic acid	mg	0.476	6	0.154	0.628	0.135	0.538	0.068	0.133	0.809
Vitamin B-6	mg	0.073	28	0.006	0.096	0.021	0.082	0.010	0.020	0.124
Folate, total	µg	10	15	1.110	13	3	11	1	3	17
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	10	15	1.110	13	3	11	1	3	17
Folate, DFE	µg	10	--	--	13	3	11	1	3	17
Choline, total	mg	12.9	--	--	17.0	3.7	14.6	1.8	3.6	21.9
Vitamin B-12	µg	1.46	8	0.136	1.93	0.41	1.65	0.21	0.41	2.48
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	141	--	--	186	40	159	20	39	240
Retinol	µg	137	--	--	181	39	155	20	38	233
Carotene, beta	µg	45	--	--	59	13	51	6	13	76
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	532	--	--	702	151	601	76	149	904
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.20	0.04	0.17	0.02	0.04	0.26
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.3	--	--	0.4	0.1	0.3	0.0	0.1	0.5
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.4	0.1	0.3	0.0	0.1	0.5
Vitamin D	IU	13	--	--	17	4	15	2	4	22
Vitamin K (phylloquinone)	µg	1.5	--	--	2.0	0.4	1.7	0.2	0.4	2.5
<b>Lipids</b>										
Fatty acids, total saturated	g	11.300	--	--	14.916	3.204	12.769	1.616	3.164	19.210
4:0	g	0.650	--	--	0.858	0.184	0.735	0.093	0.182	1.105
6:0	g	0.240	--	--	0.317	0.068	0.271	0.034	0.067	0.408
8:0	g	0.170	--	--	0.224	0.048	0.192	0.024	0.048	0.289
10:0	g	0.320	--	--	0.422	0.091	0.362	0.046	0.090	0.544
12:0	g	0.230	--	--	0.304	0.065	0.260	0.033	0.064	0.391

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14:0	g	1.820	--	--	2.402	0.516	2.057	0.260	0.510	3.094
16:0	g	5.400	--	--	7.128	1.531	6.102	0.772	1.512	9.180
18:0	g	2.020	--	--	2.666	0.573	2.283	0.289	0.566	3.434
Fatty acids, total monounsaturated	g	4.890	--	--	6.455	1.386	5.526	0.699	1.369	8.313
16:1 undifferentiated	g	0.580	--	--	0.766	0.164	0.655	0.083	0.162	0.986
18:1 undifferentiated	g	4.080	--	--	5.386	1.157	4.610	0.583	1.142	6.936
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.510	--	--	0.673	0.145	0.576	0.073	0.143	0.867
18:2 undifferentiated	g	0.330	--	--	0.436	0.094	0.373	0.047	0.092	0.561
18:3 undifferentiated	g	0.180	--	--	0.238	0.051	0.203	0.026	0.050	0.306
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	55	--	--	73	16	62	8	15	94
<b>Amino Acids</b>										
Tryptophan	g	0.345	--	--	0.455	0.098	0.390	0.049	0.097	0.587
Threonine	g	0.982	--	--	1.296	0.278	1.110	0.140	0.275	1.669
Isoleucine	g	1.091	--	--	1.440	0.309	1.233	0.156	0.305	1.855
Leucine	g	2.297	--	--	3.032	0.651	2.596	0.328	0.643	3.905
Lysine	g	2.646	--	--	3.493	0.750	2.990	0.378	0.741	4.498
Methionine	g	0.686	--	--	0.906	0.194	0.775	0.098	0.192	1.166
Cystine	g	0.116	--	--	0.153	0.033	0.131	0.017	0.032	0.197
Phenylalanine	g	1.287	--	--	1.699	0.365	1.454	0.184	0.360	2.188
Tyrosine	g	1.520	--	--	2.006	0.431	1.718	0.217	0.426	2.584
Valine	g	1.640	--	--	2.165	0.465	1.853	0.235	0.459	2.788
Arginine	g	1.022	--	--	1.349	0.290	1.155	0.146	0.286	1.737
Histidine	g	1.115	--	--	1.472	0.316	1.260	0.159	0.312	1.896
Alanine	g	0.706	--	--	0.932	0.200	0.798	0.101	0.198	1.200
Aspartic acid	g	1.744	--	--	2.302	0.494	1.971	0.249	0.488	2.965
Glutamic acid	g	6.235	--	--	8.230	1.768	7.046	0.892	1.746	10.600

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Glycine	g	0.433	--	--	0.572	0.123	0.489	0.062	0.121	0.736
Proline	g	2.766	--	--	3.651	0.784	3.126	0.396	0.774	4.702
Serine	g	1.471	--	--	1.942	0.417	1.662	0.210	0.412	2.501
<b>Other</b>										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0